

MONTANA STATE HOSPITAL PATHWAYS TO RECOVERY

	Pathway:	Coping Skills	Co-Occurring	SILS – Social and Independent Living Skills	ALS – Adaptive Living Skills	Management of Legal Issues
Stage of Change	<div>Population Group</div> <div>Universal Strategies</div>	People who experience extreme emotional reactions to events around them.	People who need to learn skills to manage both a mental illness and an addiction or substance abuse problem.	People who need to learn skills for greater levels of independence, despite stabilized symptoms of mental illness.	People who require a highly individualized treatment program including adaptations and supports in order to maximize independence.	People involved with the criminal justice system for who a primary objective is restoration of competency or return to court to complete criminal proceedings.
Orientation – Person is experiencing initial contact with treatment providers or provider organization and forming their first impressions.	<ul style="list-style-type: none"> ▪ Demonstrate “welcoming” attitude and acceptance of the person. ▪ Make positive first impression ▪ Explain assessment process and treatment options. ▪ Strive to establish trusting relationship. ▪ Person should feel staff are working for them, not against them ▪ Meet basic needs ▪ Answer questions ▪ Make introductions ▪ Assess needs from both staff and patient perspectives ▪ Complete readiness assessment 	<ul style="list-style-type: none"> ▪ Identify individual needs ▪ Assess risk of self-harm behaviors 	<ul style="list-style-type: none"> ▪ Clarify extent of mental illness and abuse or addiction history ▪ Assess physical health needs and detox if needed 	<ul style="list-style-type: none"> ▪ Develop a routine for the person ▪ Stabilize and reduce active (positive) symptoms ▪ Evaluate risk factors and self-care abilities 	<ul style="list-style-type: none"> ▪ Evaluate cognitive abilities and learning processes ▪ Evaluate support system ▪ Review substituted consent issues (e.g., guardianship, power of attorney) 	<ul style="list-style-type: none"> ▪ Clarify the legal situation to the person ▪ Evaluate victim impact issues and begin providing feedback to the person ▪ Complete an assessment of risk including dangerousness and escape potential
Pre-Contemplation – Person is unable or unwilling to change behavior in the foreseeable future. Person unaware of the problem or unaccepting of the problem.	<ul style="list-style-type: none"> ▪ Elicit open discussion and perceptions of the situation. 	<ul style="list-style-type: none"> ▪ Meet with the person on a 1 to 1 basis for a pre-engagement interview ▪ Expose person to treatment concepts without pressure for involvement ▪ Provide written materials 	<ul style="list-style-type: none"> ▪ Demonstrate welcoming attitude and acceptance of the person ▪ Validate person’s experiences with illness, addiction, and with treatment ▪ Explore the person’s perceptions of illness, addiction, and treatment ▪ Demonstrate the positive rewards of involvement in treatment ▪ Be non-judgmental 	<ul style="list-style-type: none"> ▪ Explore person’s perception of their problems and symptoms ▪ Engage the person around their goals ▪ Orient the person to staff and staff roles ▪ Evaluate the person’s current self-care skills, vocational abilities, and ADL needs ▪ Evaluate the person’s attitudes and beliefs about medications, treatment, and healthcare issues 	<ul style="list-style-type: none"> ▪ Evaluate current self-care skills ▪ Develop a routine ▪ Help person develop relationships with staff and with peers ▪ Evaluate person’s strengths and preferences ▪ Validate feelings of distress and frustration 	<ul style="list-style-type: none"> ▪ Provide explanation of legal status ▪ Explain how legal status will impact the way treatment is provided ▪ Expose person to treatment and involve in psycho-educational groups ▪ Help the person develop goals for treatment ▪ Clarify expectations for behavior and involvement in treatment

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<p>Contemplation – Person is aware that a problem exists and is seriously thinking about overcoming it, but has not yet made a commitment to action.</p>	<ul style="list-style-type: none"> Clarify the situation. Convey advantages of participation in treatment. 	<ul style="list-style-type: none"> Identify barriers to change Explain how change can occur and goals can be achieved Provide peer mentoring and support Build confidence and build support Identify gains possible with treatment and barriers that will need to be overcome 	<ul style="list-style-type: none"> Help person look at the positive and negative aspects of their current situation Explore person's motives for involvement with treatment Explore previous experiences with treatment and relapse Review consequences of not engaging in treatment Explore inconsistencies between goals, values, and actions 	<ul style="list-style-type: none"> Provide person with a positive experience in treatment Help person experience success Help person develop personal goals and explore how barriers may be overcome Identify past barriers that resulted in relapse Extend hope for recovery and what recovery would mean for the individual Provide examples of successful recovery through peer mentoring 	<ul style="list-style-type: none"> Help person experience successes and avoid failures and frustrations Identify barriers to greater independence Individualize interventions Be flexible Provide support and consistency Expect small gains Utilize strengths Maintain hope and expectation for improvement 	<ul style="list-style-type: none"> Evaluate person's motivation Expose person to treatment processes Help person clarify status, goals, and needs Deal with stress created by legal status
<p>Preparation – Person is intending to take action and/or may have been unsuccessful in previous attempts to experience therapeutic change. Person has committed to taking action to resolve problem to the best of their abilities.</p>	<p>Determine the best course of action. Develop an individualized plan. Support person's decision to actively engage in treatment.</p>	<ul style="list-style-type: none"> Further individual treatment approaches Expose person to skills and tools Review the expected course of treatment with the individual Maintain non-critical, non-judgmental approach Develop coping plan 	<ul style="list-style-type: none"> Increase involvement in treatment activities Clarify person's goals and needs Ensure that both mental health and CD or other addition issues are addressed simultaneously Recognize person may be at different stage of change for different aspects of their problems Review the expected course of treatment with the person 	<ul style="list-style-type: none"> Further individualize treatment program Educate person about symptoms Provide medication education Provide leisure education and opportunity to develop new skills Involve in work activities Explore realistic next steps that can be taken Maintain hope for recovery 	<ul style="list-style-type: none"> Further individualize treatment Help person learn new skills and adaptations Help person experience success Provide needed supports Explore reasons for past successes and failures Make environmental adaptations Build self-esteem and develop a positive self-image 	<ul style="list-style-type: none"> Support the individual's commitment to change Address any administrative issues concerning involvement in treatment Explore victim impact issues
<p>Action – Person becomes actively involved in efforts to modify their behavior, experiences, or environment. This stage requires a commitment of time and energy.</p>	<p>Develop practical strategies for change. Develop skills needed for community living and greater independence.</p>	<ul style="list-style-type: none"> Practice use of skills and tools for coping Role play Provide support and positive reinforcement Provide appropriate feedback in response to behaviors Maintain trust in relationship 	<ul style="list-style-type: none"> Encourage active group participation Provide positive reinforcement Utilize peer mentoring Develop individualized recovery plan Identify community resources that may help the person 	<ul style="list-style-type: none"> Involve person in self-medication regimen Practice independent living skills Involve in work activities Build positive self-image Increase social interactions Introduce person to self-advocacy 	<ul style="list-style-type: none"> Implement an individualized treatment plan Bring treatment to the patient if patient cannot go to treatment Support and reinforce independence Use positive rewards Celebrate successes 	<ul style="list-style-type: none"> Provide opportunities for active involvement in treatment Role play situations Review options available to legal authorities
<p>Maintenance and Relapse Prevention – Person work hard to retain changes, utilize new skills, and prevent relapse.</p>	<p>Utilize new skills and take advantage of change. Identify and use relapse prevention strategies. Anticipate effect of relapse and work to prevent.</p>	<ul style="list-style-type: none"> Develop peer mentoring relationships Utilize skills Identify community resources Address lifestyle and leisure issues Practice relapse prevention strategies 	<ul style="list-style-type: none"> Develop and practice relapse prevention plan Identify community resources Contact community resources Maintain active engagement in treatment Maintain peer support 	<ul style="list-style-type: none"> Develop a community coping plan Increase involvement in community activities Practice safety and relapse prevention Develop personal support system Arrange public assistance benefits Explore how needs will be met in a community setting 	<ul style="list-style-type: none"> Build confidence Work with family and other agencies on next steps following discharge Train and prepare next care providers Prepare person for successful transition 	<ul style="list-style-type: none"> Work to involve outside systems (e.g., courts, probation and parole) Increase exposure to community Review impact of release upon victims